

# Eat Right Your Way: 2 for 1 Menu

## Night #1

Oven-Roasted Chicken  
Zucchini and Carrot “Fries”  
Creole Noodles



## Night #2

Roasted Vegetable and Chicken Noodle Soup



## Oven-Roasted Chicken

Makes 8 Servings

### Ingredients

2 lbs boneless, skinless chicken breasts

1 Tbsp extra virgin olive oil

1 tsp thyme

1 tsp oregano

1 tsp basil

Salt, to taste

Pepper, to taste

### Directions

1. Pre-heat oven to 425°F.
2. Lightly coat chicken on both sides with olive oil.
3. In a small bowl, mix thyme, oregano, basil, salt and pepper until well combined. Sprinkle seasoning mixture on both sides of the chicken.
4. Place chicken in a greased or foil-lined baking dish.
5. Bake for 25-35 minutes or until chicken is cooked through (safe internal temperature of 165°F).

**Nutrition Information per Serving:** Calories- 140, Total Fat-4.5gm, Saturated Fat- 1gm, Trans Fat- 0gm, Cholesterol- 65mg, Sodium- 55mg, Total Carbs- 0gm, Fiber- 0gm, Protein- 23gm

# Zucchini and Carrot “Fries”

Recipe Adapted from [Voracious Vander](#)

**Makes 8 Servings**

## Ingredients

6-8 medium zucchini

6-8 medium carrots

1-2 Tbsp extra virgin olive oil

Seasonings of choice, to taste: I used garlic powder, crushed red pepper, salt and pepper. Could also use paprika, cumin, thyme, rosemary, etc.

\*Time Saver for Night #2 Menu: 4 celery stalks, 1 onion

## Directions

1. Pre-heat oven to 425°F. Line baking sheet with foil or parchment paper.
2. Wash and cut vegetables into 2-3 inch sticks, ensuring they are even in thickness. Dice celery and onions into bite-sized pieces (these will be reserved for night #2 menu!).
3. Toss vegetables in olive oil and sprinkle with seasonings of choice.



4. Place vegetables on baking sheet in a single layer. Bake for 30-40 minutes, tossing halfway through, or until slightly browned at the edges.



5. Reserve half of the cooked zucchini and carrots for “Roasted Vegetable & Chicken Noodle Soup.”

**Nutrition Information per Serving:** Calories- 70, Total Fat-3.5gm, Saturated Fat- 0.5gm, Trans Fat- 0gm, Cholesterol- 0mg, Sodium- 50mg, Total Carbs- 10gm, Fiber- 3gm, Protein- 3gm

## Creole Noodles

Recipe Adapted from [About.com](http://About.com)

**Makes 4 Servings**

### Ingredients

12 oz pkg whole wheat wide/egg noodles

¼ cup plain, non-fat Greek yogurt

1 tsp spicy brown mustard

1 tsp lemon juice

Salt and pepper, to taste

### Directions

1. Cook noodles according to package directions.
2. Reserve a small amount of the cooking liquid.
3. Combine yogurt, mustard, lemon juice, salt and pepper. Add a splash of cooking liquid to thin out the sauce until it reaches desired consistency.
4. Reserve half of the cooked noodles for “Roasted Vegetable and Chicken Noodle Soup” recipe.
5. Toss remaining noodles with sauce.

**Nutrition Information per Serving:** Calories- 140, Total Fat-1gm, Saturated Fat- 0gm, Trans Fat- 0gm, Cholesterol- 0mg, Sodium- 25mg, Total Carbs- 28gm, Fiber- 4gm, Protein- 8gm

# Roasted Vegetable and Chicken Noodle Soup

Makes 4 Servings

## Ingredients

3-4 medium zucchini, roasted (leftover from “Zucchini and Carrot Fries”)  
3-4 medium carrots, roasted (leftover from “Zucchini and Carrot Fries”)  
4 celery stalks, roasted (cooked at same time as “Zucchini and Carrot Fries”)  
1 onion, diced and roasted (cooked at same time as “Zucchini and Carrot Fries”)  
1 lb roasted chicken breast, diced (leftover from “Oven-Roasted Chicken”)  
6 cups water  
6 cups low sodium chicken broth  
1 Tbsp dried thyme  
1 Tbsp dried oregano  
2-3 bay leaves  
Half of cooked whole wheat wide/egg noodles (leftover from “Creole Noodles”)

## Directions

1. Put water and chicken broth in a large pot and bring to a boil. Add thyme, oregano, bay leaves, salt, and pepper to season liquid.
2. Dice pre-roasted zucchini, carrots, onion, and celery. Onions and celery would have been roasted at the same time as zucchini and carrots in a 425°F seasoned with salt and pepper and lightly tossed in olive oil.
3. Dice pre-roasted chicken into bite-sized pieces.
4. Once liquid has come to a boil, add vegetables, chicken, and pre-cooked noodles.
5. Allow to simmer until all ingredients are warm.

**Note:** For an even more complete meal, add a small side salad.

**Nutrition Information per Serving:** Calories- 380, Total Fat-9gm, Saturated Fat- 1.5gm, Trans Fat- 0gm, Cholesterol- 65mg, Sodium- 840mg, Total Carbs- 44gm, Fiber- 9gm, Protein- 35gm